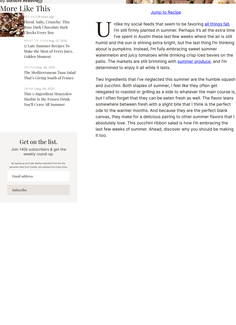

The Zucchini Ribbon Salad I'm Serving With Everything Right Now

Sweet, zesty, and ridiculously easy to love.

By **Suruchi Avasthi**

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Unlike my social feeds that seem to be favoring all things fall, I'm still firmly planted in summer. Perhaps it's all the extra time I've spent in Austin these last few weeks where the air is still humid and the sun is shining extra bright, but the last thing I'm thinking about is pumpkins. Instead, I'm fully embracing sweet summer watermelon and juicy tomatoes while drinking crisp iced bevies on the patio. The markets are still brimming with summer produce, and I'm determined to enjoy it all while it lasts.

Two ingredients that I've neglected this summer are the humble squash and zucchini. Both staples of summer, I feel like they often get relegated to roasted or grilling as a side to whatever the main course is, but I often forget that they can be eaten fresh as well. The flavor leans somewhere between fresh with a slight bite that I think is the perfect ode to the warmer months. And because they are the perfect blank canvas, they make for a delicious pairing to other summer flavors that I absolutely love. This zucchini ribbon salad is how I'm embracing the last few weeks of summer. Ahead, discover why you should be making it too.

Ingredients for Zucchini Ribbon Salad

Zucchini. The star of the show—its mild flavor and tender bite make the perfect base for those pretty, delicate ribbons.

Squash. Slightly sweeter than zucchini, it brings balance and color contrast to the salad.

Cucumber. Adds a clean, refreshing crunch that keeps every bite feeling light and hydrating.

Avocado. Creamy and rich, it gives the salad substance while balancing out all the fresh, crisp textures.

Goat Cheese. Tangy and luscious, it melts into the ribbons for just the right hit of indulgence.

Almonds. Their toasty crunch adds depth and keeps the salad from feeling too soft.

Pistachios. Sweet and nutty with that gorgeous green hue, they double down on both flavor and beauty.

Fresh Herbs. A handful of mint, basil, or parsley brightens the whole dish with a garden-fresh lift.

Olive Oil. The silky base of the dressing that ties everything together with richness.

Lemon Juice. Adds the zingy brightness that wakes up the flavors and keeps the salad vibrant.

Honey. Just a drizzle rounds things out with a subtle sweetness that complements the tang and crunch.

How to Prepare this Zucchini Ribbon Salad

If you're skeptical about fresh zucchini and squash, that's fine. I totally get it! But I'm also convinced I can make you a convert. There are a few things to keep in mind to make this salad delicious.

First, use a vegetable peeler for extra-thin ribbons of both zucchini and squash. Not only does this help create those beautiful ribbons, but it also removes some of the thick, chewy texture that you would otherwise deal with if you were just cutting the squash into rounds. When sliced this way, the ribbons are thin with just the slightest crunch that makes it feel closer to a ribboned cucumber.

If you still don't want to eat the veggies raw, I would recommend VERY quickly blanching the ribbons in boiling water, then adding to an ice bath. You don't want to make the ribbons soggy, so a quick dunk and shock will keep that fresh crispness while giving the squash and zucchini a quick cook.

Balancing textures is what makes this zucchini ribbon salad shine. Creamy avocado and tangy goat cheese contrast the crisp ribbons, while cucumber adds a cool, refreshing bite. Toasted almonds and pistachios bring crunch, fresh herbs infuse brightness, and a lemon-honey dressing ties it all together with sweet, zesty balance.

What to Eat with Zucchini Ribbon Salad

This is the perfect side dish to bring to your end-of-summer gatherings, and it pairs perfectly with your favorite dishes. Here's what I'm serving up for the last few weeks of summer for a complete menu that celebrates the season.

Chicken Burgers (in lettuce or on buns) or Grilled Chicken Thighs

Bright and Zesty Pasta Salad or this Caprese Pasta Salad

Grilled Zucchini (for the fresh and grilled version side by side) and Grilled Sweet Potatoes

Grilled Peaches with Ice Cream

Zucchini Ribbon Salad

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No reviews

Author: Suruchi Avasthi *Total Time:* 10 minutes

Yield: 4 1x

PRINT RECIPE PIN RECIPE

An easy and elegant, fresh summer side dish.

Ingredients

UNITS US M SCALE 1x 2x 3x

- juice of 1 lemon
- 2 tablespoons honey
- 1/4 cup olive oil
- spoonful of Dijon mustard (optional)
- pinch of red pepper flakes
- pinch of salt and pepper
- 1 large zucchini
- 1 large squash
- 1 large cucumber
- 1 avocado
- 6–8 ounces goat cheese
- 1/4 cup chopped nuts (almonds and/or pistachios work well here)
- fresh herbs: basil, dill, and mint

Instructions

1. To a large bowl, add the lemon, honey, olive oil, Dijon if using, red pepper flakes, salt, and pepper. Whisk to combine, taste, and adjust as needed.
2. Ribbon the vegetables. Using a vegetable peeler, shave the zucchini, squash, and cucumber into long, thin ribbons. Work around the core and stop once you reach the seeds in the center. Place the ribbons in a large bowl and toss to coat.
3. To serve, add the avocado, goat cheese, nuts, and fresh herbs and toss to combine. Enjoy!

Prep Time: 10

Keywords: *zucchini, squash, salad*

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